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Children take virtual adventure

Opotiki News, Bay of Plenty

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TWENTY thousand Kiwi kids are on a virtual adventure around the globe with the Zespri Young and Healthy Virtual Adventure this term, including two classes at Opotiki Primary School.

Encouraged by a star cast of New Zealand's sporting elite, ASICS ambassadors Ardie Savea, Amelie Ekenasio, Kane Williamson and Samantha Charlton are guiding more than 760 classes to travel (virtually) throughout New Zealand and to countries including Peru, Japan and Italy.

Each student creates their own avatar to represent them on the virtual adventure with their classmates, earning points in the real world for simple healthy habits like moving as much as possible, minimising screen time, drinking plenty of water and eating fruit and vegetables.

Sweden, a student from room 4 at Opotiki Primary, said her class was excited to do the challenge and to learn about the world

virtually, and that the school had been eating healthy lunches with lots of fruit and water.

"We were in Tibet, and we had to make a slideshow about Tibet but at least it was fun. We typed about their favourite food, places, facts and I even wrote about Mount Everest, which is in Tibet. I also wrote about Sir Edmund Hillary and Tenzing Norgay. Sir Edmund Hillary climbed Mount Everest May 29th in 1953,"

Since Young and Healthy founder Kim Harvey established the programme in New Zealand, the initiative has encouraged over 60,000 school children and their families to eat better, exercise more and to lead more environmentally conscious lives.

"Research shows that the

foundations of good health as adults are formed in the first 10 years of a child's life so it's critical we find all the ways we can to engage children to understand and actually notice what it feels like when they make healthy choices."

The scope of the free program meextends beyond just the focus of health and wellbeing, with teachers embedding elements in many areas of the curriculum, including maths, literacy, and geography, and they have

commented on an increase in concentration and team work among classmates. E-week programme concludes this week.



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Tibet

The name of the mountain range that surrounds Tibet is called the Himalayas. Mt Everest is the highest mountain in this range, and also the highest in the world.



Edmund Hillary was the first person to ever climb mount everest. He climbed it on May 29th 1953 with Sherpa Tenzing Norgay.



Some of their favourite foods are things like Barley. Barley is actually the most important crop in all off Tibet.



The Tibetan Yak is the famous animal of the country Tibet.



This building is called the Potala Palace. The Potala Palace address is 35 Central Beijing Road, Lhasa, Tibet, Haina, 850000.



'Tashi delek' We have reached Tibet. By Lukas.

VIRTUAL ADVENTURE: Opotiki Primary School children had fun creating a slideshow about their virtual reality time spent in Tibet.

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